



Cuizoo Cooking School
July 24, 2019

**Homemade Meatball Subs with Whipped Ricotta, Salad with Balsamic Vinaigrette,
and Brown Butter Almond Blondies**

Recipes:

Cuizoo's Take on Marcella Hazan's 3 Ingredient Tomato Sauce
Garlicky Italian Meatballs
Whipped Ricotta
Garlic Butter
Balsamic Vinaigrette
Brown Butter Almond Blondies

Things to Remember:

- Buy the highest quality ingredients you can get. Check out the farmer's market!
- Season at each step.
- Have some decent equipment and supplies! To save room, try to focus on things that do multiple jobs, rather than one use items.
 - A decent sharp paring knife and chef's knife, and a sharpening steel
 - Cutting board
 - Measuring cups and spoons
 - Metal spatula, plastic scraper/spatula, wooden spoon, tongs
 - Two or more mixing bowls
 - Sheet pan and Pyrex Baking Pan for oven
 - Medium to large stock pot, a smaller saucepan, and a saute pan (try to buy oven proof pans so they do double duty!)
 - Can opener, vegetable peeler, kitchen shears
 - Pepper Grinder (always grind fresh when you can!)
 - Bonus: A mini food processor, box or cheese grater, microplane grater, salad spinner, electric hand mixer, immersion blender
- Have a well stocked pantry. You can cook anything when you have things on hand!
 - Parchment Paper
 - Basic spices and pantry supplies (Kosher Salt, Peppercorns, Garlic Powder, Italian seasoning, Oregano, Olive Oil, Vinegars, Flour, Sugar, Cinnamon, etc.)

Cuizoo's Take on Marcella Hazan's 3 Ingredient Tomato Sauce

Yields 8-12 servings, or enough sauce for a double batch or about 3 dozen meatballs

Marcella Hazan has a famous 3 ingredient tomato sauce with simply tomatoes, onion, and butter. I love it as she does it and also with a few additions to give it a few more than three ingredients. It is equally delicious over pasta or in recipes!

2- 28 ounce cans of whole, peeled San Marzano tomatoes (don't strain)

12-16 T of butter, 1 ½-2 sticks (can reduce a bit, but the sauce won't be as delicious!)

1 large onion, peeled and cut in half

2 t sugar

2 t salt

Freshly ground pepper to taste

Small bunch of fresh basil

3 garlic cloves, peeled

In a large stock pot, combine tomatoes and their juices, butter, onion, sugar, salt and pepper. If you have a small cheesecloth bag, place basil and garlic in it, tie it up, and put it into tomatoes. If you don't, just throw it all in the pan together. Place on stove over medium heat and bring to a simmer. Reduce heat to low and simmer for about an hour, mostly covered. Stir every once in a while. When ready to serve, remove cheesecloth with basil and garlic and the whole onion (and fish garlic/basil out if it is loose). All that should be left in the pan is the tomatoes and sauce. Mash the tomatoes if desired and check for seasoning. If tomatoes are overly acidic, you may need another pinch of sugar and/or more salt and pepper. Keep warm until ready to serve.

Garlicky Italian Meatballs

Yields about 10-12 servings, or 36 1.5 inch (golf ball sized) meatballs. Can easily be halved for a smaller batch.

2 large slightly beaten eggs

1 cup of milk

1 cup Italian breadcrumbs

4 tablespoons of minced garlic (about 12-16 cloves, can use less if desired)

3 1/2 teaspoons of salt

2 teaspoons of black pepper

2 teaspoon dried oregano

4 tablespoons fresh parsley, chopped

1/2 cup Parmigiano Reggiano cheese, finely grated

2 pounds Ground Beef (I prefer grass-fed, organic, 85-90% lean)

1 pound Mild Italian Sausage (Pork, Chicken, or Turkey Sausage ... just remove from links if you can't find it loose)

Preheat oven to 375F. In a large mixing bowl, combine the eggs, milk, and breadcrumbs. Stir together and let sit for 5-10 minutes. Add in garlic, salt, pepper, oregano, parsley, and Parmigiano and mix well to combine. Add in ground beef and pork sausage and combine well, but do not overmix. I usually start with a sturdy spoon or spatula and finish with my hands. You want it thoroughly combined, but not overmixed as that will make the meatballs tough. Prepare two baking sheets by lining with parchment paper. Roll meatball mix into 1.5 inch balls and place on baking sheet, evenly spaced. Bake for 20 minutes. If combining with sauce, turn sauce to a very low simmer and gently add into the sauce and keep warm for 1-2 hours. Can use a crockpot too. These are also very good put into sauce, chilled, and reheated the next day.

Garlic Butter

Yields enough butter for 12, 4-6 inch meatball subs

12 T butter, softened (1 ½ sticks)
1 clove garlic, peeled and finely chopped
Pinch of salt
Freshly ground black pepper

Combine all and set aside. When ready to make subs, spread on split rolls and toast lightly.

Whipped Ricotta

Yields about 2 cups

2 cups whole milk, fresh ricotta (fresh or hand dipped is wonderful!)
3 tsp extra virgin olive oil
¼ tsp salt
Zest of one lemon, finely chopped

Place all ingredients in a food processor or mini food processor and process for 30-45 seconds. Scrape down sides and process for an additional 30 seconds. Ricotta should look completely smooth (will look like thick whipped cream). Set aside.

Balsamic Vinaigrette

Yields about ½ cup of dressing, enough for one large head of romaine lettuce (or two romaine hearts)

3/8 cup olive oil
1/8 cup balsamic vinegar
1 garlic clove, chopped finely
1/8 tsp fine sea salt
½ tsp sugar
Freshly ground pepper to taste

Chop garlic clove finely and place in small bowl. Add oil, vinegar, salt, and pepper and whisk well with a fork or wire whisk — until it is emulsified. If not using dressing immediately, re-whisk before pouring over greens. Can also put ingredients in small mason jar and shake to combine. (To serve: wash and dry a large head of romaine lettuce and tear it into pieces. Toss with dressing right before eating.)

Note: Most good vinaigrettes operate on this 3:1 ratio, meaning three parts of oil to every one part of acid (vinegar or lemon juice). You can be creative and change up the oils and the acids, add garlic or don't,

add fresh chopped herbs, add a teaspoon of dijon, add the sugar or honey, etc. Just maintain the 3:1 ratio!

Meatball Subs

Yields 12 sub sandwiches

36 Meatballs (from recipe above) simmering in Tomato Sauce (double batch as specified in recipe above)

12 4-6 inch Italian rolls (Ciabatta, Baguette, or similar hoagie style roll)

16 ounces fresh mozzarella cheese, thinly sliced

Garlic Butter (from recipe above)

Whipped Ricotta (from recipe above)

Preheat oven to 350F. Split rolls in half and spread with garlic butter. Place on foil-lined baking sheets, opened up, and toast in oven for 3-5 minutes. Switch oven to Broil setting. Add about three meatballs to each roll. You can halve the meatballs if desired. Top with slices of mozzarella cheese. Broil sandwiches for about 2 minutes, just until cheese melts. (Broiler heat varies. So be sure to watch closely. You want the sandwiches just lightly toasted with melty cheese.) Remove from oven and spread rolls with whipped ricotta and serve with Salad and Balsamic Vinaigrette. The salad is also delicious placed on the sub if you like!

Note: If you don't have time to make the sauce, two jars of high quality pasta sauce will work in a pinch. I like to taste it and season as necessary, which usually means a little extra garlic, salt, pepper, Oregano, and/or sugar.

Brown Butter White Chocolate and Almond Blondies

Yields about 2 dozen

1 cup of butter (two sticks)
2 cups of packed brown sugar
2 eggs
2 t vanilla
2 cups of flour
1 t baking powder
1/4 t baking soda
1/8 t salt
2/3 cup white chocolate chips
2/3 cup Marcona Almonds, chopped (optional)

1. Preheat oven to 350 F.
2. In a large saute pan, melt the butter and allow it to brown while stirring. Normally, a few tablespoons of brown butter will only take 2-3 minutes to brown, but since this is a large amount, it usually takes about 5 minutes (the bigger the pan, the faster it will brown). You want to get it just brown and smelling fragrant and “nutty.” It can burn pretty quickly once it gets to this point, so be careful. (If it burns, you need to start over). Once brown, remove from heat immediately and pour into a large mixing bowl. Let cool a few minutes.
3. Butter and flour a 9×13 glass baking pan. (Grease the pan with butter and then put about a tablespoon of flour in it and shake it all around, covering bottom and sides of pan and tapping out any excess flour.)
4. To the browned butter, add the brown sugar and whisk well to incorporate. Add the eggs, one at a time, whisking completely after each addition. Add vanilla extract and whisk.
5. Dump in the flour, the baking powder, baking soda, and salt. Switch to a wooden spoon or spatula and mix completely.
6. Stir in the white chocolate chunks or chips and chopped almonds.
7. Spread into prepared 9×13 pan and bake in preheated oven for about 25-28 minutes until a toothpick comes out just barely clean in the middle (don’t over-bake). Let cool on a rack and cut into squares.